

ITEM #5315
B71448 09J



5-HTP

L-5-Hydroxytryptophan

100 mg

Supports Nervous System Health*
Promotes Feelings of Well-Being*

ACTUAL SIZE

Dietary Supplement

60 CAPSULES



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Vitamin B-6 (as Pyridoxine Hydrochloride and Pyridoxal-5'-Phosphate)	10 mg	500%
Magnesium (as Magnesium Oxide and Magnesium Glycinate)	50 mg	13%
5-HTP (from Griffonia Extract) 100 mg (<i>Griffonia simplicifolia</i>) (seed)		**
Valerian Root Extract 100 mg (<i>Valeriana officinalis</i>)		**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose,
Vegetable Magnesium Stearate.

No Gluten, **No** Yeast, **No** Wheat,
No Milk or Milk Derivatives, **No** Lactose,
No Soy, **No** Egg, **No** Grapefruit, **No** Fish,
No Sweetener, **No** Sugar, **No** Starch,
No Preservatives, **No** Artificial Color,
No Artificial Flavor, **No** Sodium.

*These statements have not been evaluated by
the FDA. This product is not intended to
diagnose, treat, cure or prevent any disease.

Directions: For adults, take one (1) capsule
twice daily as needed or at bedtime as 5-HTP
may produce drowsiness.

5-HTP is a precursor to serotonin, a
neurotransmitter involved in sending
messages through the nervous system,
which contributes to mood and well-
being.* Vitamin B6 promotes nervous
system health as well, providing
nourishment for the stress of daily living.*
Additionally, this formula provides
Magnesium and Valerian.

WARNING: Not intended for use by pregnant or nursing
women. If you are taking any medications or have any medical
condition, consult your doctor before use. Discontinue use and
consult your doctor if any adverse reactions occur. Do not
drive, operate machinery or consume alcohol when taking this
product. Not intended for use by persons under the age of 18.
Keep out of reach of children. Store at room temperature. Do
not use if seal under cap is broken or missing.

Manufactured by

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